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ABSTRACT

This instructor's packet accompanies the learning activity package (LAP) on temperature, pulse, and respiration. Contents included in the packet are a time sheet, suggested uses for the LAP, an instruction sheet, final LAP reviews, a final LAP review answer key, suggested activities, an additional resources list, and student completion cards to issue to students as an indicator of successful LAP completion. (YLB)

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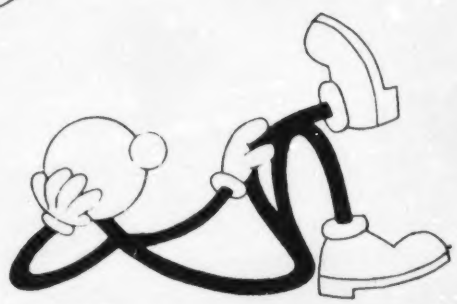
ED220713

LAP *Learning Activity Package*

Instructor's Packet

SALES UNIT

TEMPERATURE PULSE, AND RESPIRATION



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TEMPERATURE, PULSE, AND RESPIRATION

INSTRUCTOR'S PACKET

PREPARED BY
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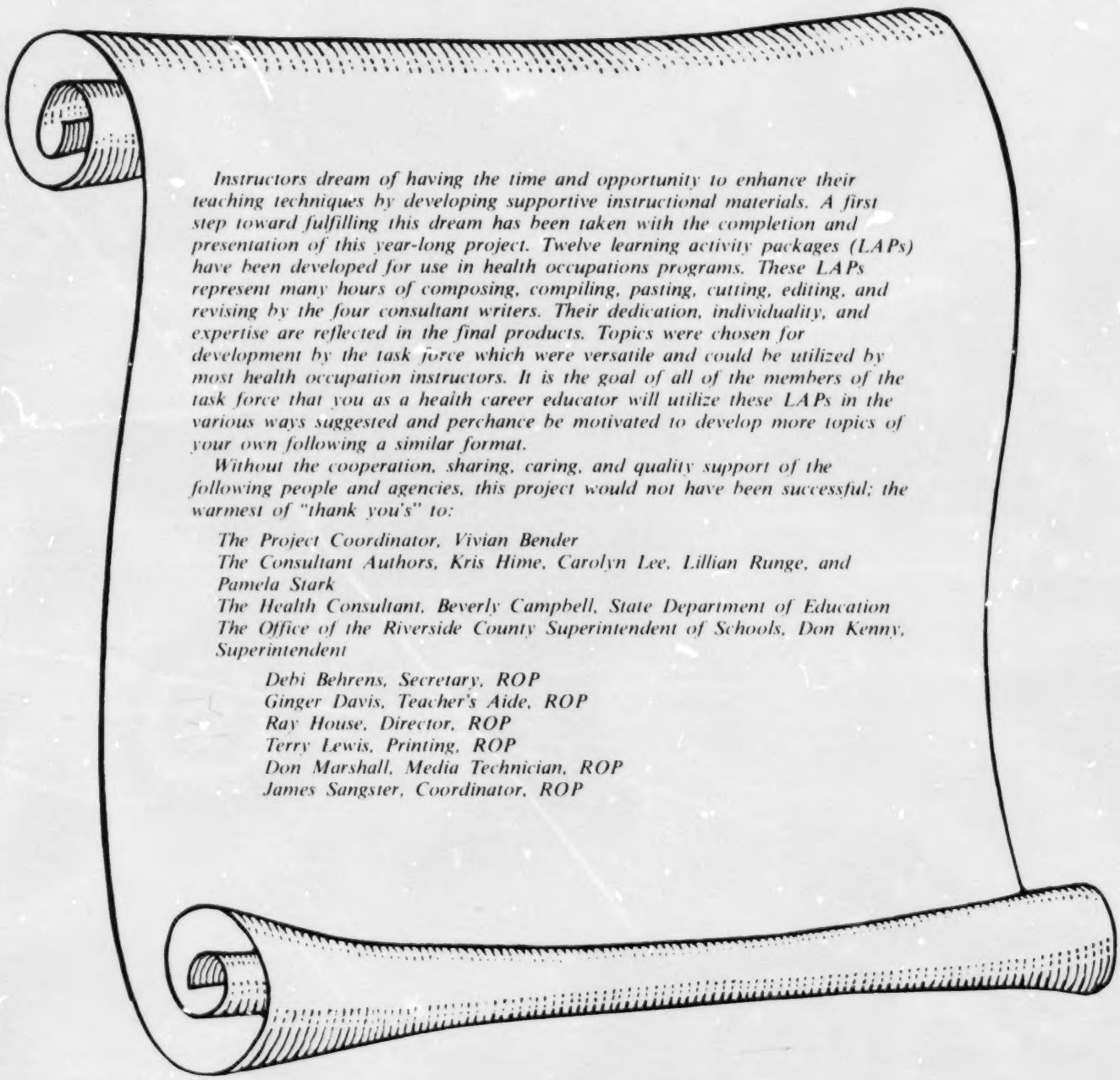
1982



Instructors dream of having the time and opportunity to enhance their teaching techniques by developing supportive instructional materials. A first step toward fulfilling this dream has been taken with the completion and presentation of this year-long project. Twelve learning activity packages (LAPs) have been developed for use in health occupations programs. These LAPs represent many hours of composing, compiling, pasting, cutting, editing, and revising by the four consultant writers. Their dedication, individuality, and expertise are reflected in the final products. Topics were chosen for development by the task force which were versatile and could be utilized by most health occupation instructors. It is the goal of all of the members of the task force that you as a health career educator will utilize these LAPs in the various ways suggested and perchance be motivated to develop more topics of your own following a similar format.

Without the cooperation, sharing, caring, and quality support of the following people and agencies, this project would not have been successful; the warmest of "thank you's" to:

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INSTRUCTOR'S PACKET

A LAP IS AN INDIVIDUALIZED LEARNING ACTIVITY PACKAGE TO ASSIST THE STUDENT TO ACQUIRE KNOWLEDGE FOR A SPECIFIC TOPIC.

INCLUDED IN THIS PACKET ARE THE FOLLOWING:

1. Suggested uses for LAP
2. Instruction sheet
3. LAP review
4. LAP review key
5. Suggested activity list
6. Additional resources
7. Student completion cards
8. Student work sheet

TIME

TIME REQUIRED WILL VARY WITH EACH STUDENT, BUT THE INSTRUCTOR SHOULD ALLOW AT LEAST _____ MINUTES FOR THE STUDENT TO COMPLETE THIS LAP.

SUGGESTED USES FOR THE MATERIALS INCLUDED IN THIS LAP ARE LISTED BELOW:

REVIEW

EVALUATION

SPIRIT MASTERS

XEROX

HANDOUTS

REMEDIAL WORK

TOPIC CHALLENGE FOR STUDENT

OVERHEADS

DITTOS

POSTERS

MAKE-UP WORK

CLASSROOM ACTIVITIES

INSTRUCTION SHEET

1. GIVE EACH STUDENT A LAP.

2. HAVE EACH STUDENT READ THE LAP AND COMPLETE THE REVIEW SECTIONS.

   THE STUDENT MUST GET EVERY QUESTION IN THE REVIEW SECTION CORRECT BEFORE CONTINUING ON TO THE NEXT TOPIC. IF ALL OF THE ANSWERS ARE NOT CORRECT, REPEAT THE SECTION OR TOPIC.

3. WHEN THE LAP IS COMPLETED, THE LAP AND WORK SHEETS SHOULD BE TURNED IN TO THE INSTRUCTOR, AND THE STUDENT SHOULD BE GIVEN THE FINAL LAP REVIEW.

4. AFTER ALL* OF THE FINAL LAP REVIEW QUESTIONS ARE ANSWERED CORRECTLY, THE STUDENT WILL RECEIVE A COMPLETION CARD. COMPLETION CARDS ARE INCLUDED IN THIS PACKET.

5. THE TIME FOR COMPLETING THE LAP WILL VARY WITH EACH STUDENT.

*IF THE STUDENT DOES NOT ANSWER ALL OF THE QUESTIONS CORRECTLY, RETURN THE LAP TO THE STUDENT FOR FURTHER REVIEW.

FINAL LAP REVIEW

TEMPERATURE, PULSE, AND RESPIRATION

SENTENCE COMPLETION:

DIRECTIONS: ANSWER THE FOLLOWING BY FILLING IN THE NEEDED WORD OR WORDS TO COMPLETE THE SENTENCE.

1. AN ABNORMALLY SLOW HEARTBEAT IS CALLED _____.
2. THE AVERAGE NORMAL RESPIRATION IS _____.
3. THE CHARACTER OF RESPIRATIONS MAY BE DESCRIBED AS NORMAL, _____, _____, _____, OR _____.
4. A _____ IS USED TO TAKE AN APICAL PULSE.
5. THE PULSE IS NORMALLY TAKEN OVER THE _____ ARTERY.
6. THE MOST ACCURATE TEMPERATURE IS BY THE _____ METHOD.
7. THE _____ METHOD IS THE MOST COMMON IN TAKING TEMPERATURES.
8. IT TAKES _____ MINUTES TO TAKE AN AXILLARY TEMPERATURE.
9. A RECTAL THERMOMETER MAY BE INDICATED BY _____.
10. THE AVERAGE NORMAL PULSE IS _____.

TRUE-FALSE:

DIRECTIONS: IF THE STATEMENT IS MORE TRUE THAN FALSE, CIRCLE THE T. IF THE STATEMENT IS MORE FALSE THAN TRUE, CIRCLE THE F.

T F 11. THE AMOUNT OF HEAT PRODUCED BY THE BODY IS NOT AFFECTED BY HEAVY EXERCISE OR EMOTIONAL STRESS.

T F 12. THE NORMAL BODY TEMPERATURE IS 98.6°F.

T F 13. A PATIENT MAY TAKE HIS OR HER OWN TEMPERATURE.

T F 14. WHEN COUNTING RESPIRATION, YOU SHOULD COUNT INSPIRATION AND EXPIRATION AS ONE MOVEMENT.

T F 15. THE ORAL TEMPERATURE IS THE MOST ACCURATE.

T F 16. VITAL SIGNS OR CARDINAL SYMPTOMS ARE TEMPERATURE, PULSE, RESPIRATION, AND BLOOD PRESSURE.

T F 17. THE PULSE IS THE NUMBER OF HEARTBEATS PER MINUTE.

T F 18. A THERMOMETER SHOULD BE WIPED FROM STEM TO BULB SO THAT FEWER GERMS ARE SPREAD OVER THE THERMOMETER.

T F 19. WHEN COUNTING RESPIRATIONS, ALWAYS TELL THE PATIENT SO THAT HE OR SHE REGULATES HIS OR HER BREATHING.

T F 20. IF THE ORAL TEMPERATURE REGISTERS 99°F., THE RECTAL TEMPERATURE WOULD REGISTER 98°F.

MULTIPLE CHOICE QUESTIONS:

DIRECTIONS: ONE OF THE ANSWERS LISTED BELOW EACH OF THE STATEMENTS IS CORRECT. SELECT THE ANSWER YOU BELIEVE TO BE CORRECT AND WRITE ITS IDENTIFYING LETTER IN THE SPACE PROVIDED.

___ 21. AN AXILLARY TEMPERATURE OF 99.2 IS THE SAME AS (A/AN):

A. ORAL TEMPERATURE OF 100.2°F.
B. ORAL TEMPERATURE OF 98.2°F.
C. RECTAL TEMPERATURE OF 100.2°F.
D. RECTAL TEMPERATURE OF 98.2°F.

____ 22. THE RESPIRATIONS ARE BEST COUNTED:

A. WITHOUT LETTING THE PATIENT KNOW
B. WHILE THE PATIENT IS EATING
C. WHILE THE PATIENT IS TALKING
D. AFTER TELLING THE PATIENT WHAT YOU PLAN TO DO

____ 23. THE MOST COMMON PLACE TO TAKE THE PULSE IS AT THE:

A. TEMPLE
B. BEND IN THE ELBOW
C. WRIST
D. KNEE

____ 24. THE FUNCTION OF RESPIRATION IS:

A. TO CIRCULATE BLOOD
B. BRING OXYGEN INTO THE BODY
C. RID THE BODY OF CARBON DIOXIDE
D. BOTH B AND C

____ 25. TO READ A THERMOMETER PROPERLY, YOU SHOULD:

A. HOLD IT STRAIGHT UP AND DOWN.
B. HOLD IT BY THE BULB.
C. HOLD IT AT EYE LEVEL.
D. TURN IT RAPIDLY.

____ 26. IN ORDER TO TAKE THE PATIENT'S PULSE ACCURATELY, YOU WILL NEED:

A. A PAD AND PENCIL
B. A WATCH WITH A SECOND HAND
C. AN ORAL THERMOMETER
D. LUBRICANT

_____ 27. THE PULSE OF AN ADULT MALE IS 72 BEATS PER MINUTE. YOU REALIZE THIS RATE IS:

A. TOO FAST AND MUST BE REPORTED
B. TOO SLOW AND MUST BE REPORTED
C. ABOUT AVERAGE FOR AN ADULT
D. ABOUT AVERAGE FOR A YOUNG CHILD

_____ 28. WHEN YOU TAKE A RECTAL TEMPERATURE, REMEMBER TO:

A. HOLD THE THERMOMETER IN PLACE.
B. LUBRICATE THE TIP.
C. USE A RECTAL THERMOMETER.
D. ALL OF THE ABOVE.

_____ 29. TACHYCARDIA INDICATES:

A. AN UNUSUALLY SLOW PULSE
B. AN IRREGULAR PULSE
C. A THREADY PULSE
D. AN UNUSUALLY RAPID PULSE

_____ 30. THE APICAL PULSE IS TAKEN OVER THE:

A. FEMORAL ARTERY
B. CAROTID ARTERY
C. DORSALIS PEDIS
D. HEART

FINAL LAP REVIEW. ANSWER KEY

1. BRADYCARDIA
2. 16-20
3. DEEP, LABORED, PAINFUL, RAPID, SLOW, NOISY, SHALLOW
4. STETHOSCOPE
5. RADIAL
6. RECTAL
7. ORAL
8. 10
9. RED TIP OR BULB SHAPE
10. 72-80

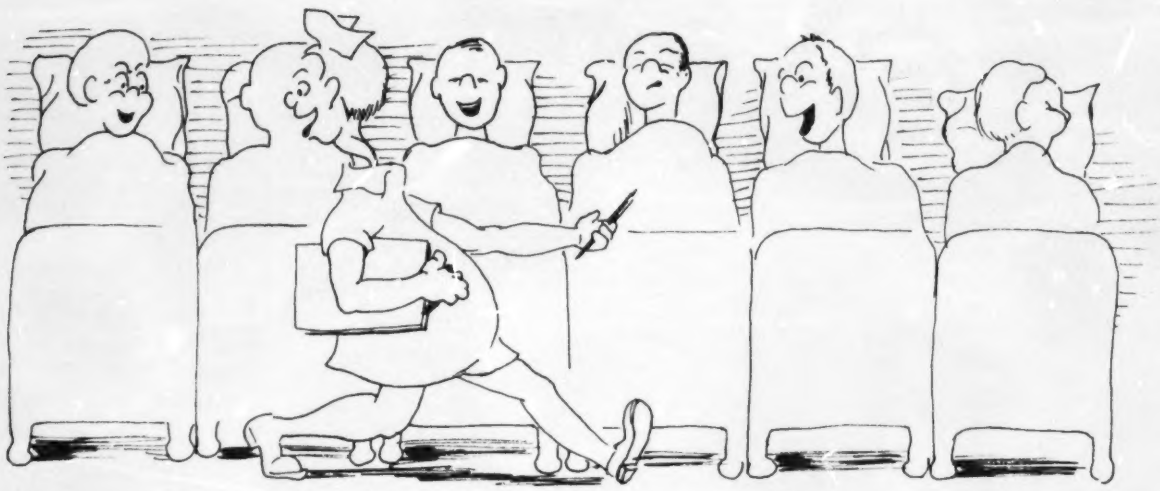
11. F
12. T
13. F
14. T
15. F
16. T
17. T
18. T
19. F
20. F

21. A
22. A
23. C
24. D
25. C
26. B
27. C
28. D
29. D
30. D

TEMPERATURE, PULSE, AND RESPIRATION

SUGGESTED ACTIVITIES:

1. PREPARE A LABORATORY SETTING IN WHICH STUDENTS CAN PRACTICE ALL THREE VITAL SIGNS ON SEVERAL "PATIENTS."



2. HAVE THE STUDENTS "ROLE PLAY" BY BREATHING RAPIDLY AND WITH DIFFICULTY. PRACTICE OBSERVING AND RECORDING ABNORMALITIES.

3. HAVE A STUDENT TAKE APICAL PULSE WHILE ANOTHER TAKES RADIAL PULSE. COMPARE THE RESULTS.

4. PRACTICE TAKING PULSES IN OTHER AREAS OF THE BODY.

5. HAVE THE STUDENTS RUN IN PLACE AND COMPARE VITAL SIGNS "BEFORE" AND "AFTER."

ADDITIONAL RESOURCES:

TPR (FILMSTRIP) By Trainex

COMPLETION CARDS:

STUDENT COMPLETION CARDS ARE PROVIDED FOR THE INSTRUCTOR TO ISSUE TO STUDENTS WHO HAVE SUCCESSFULLY COMPLETED THE LAP.

DATE:

TPR BOOK

12

RM	NAME	12	4	8	12	4	8	BP	PL

This is to certify that

_____

has successfully completed the Temperature, Pulse, and Respiration (TPR) L.A.P.

Date: _____

Instructor: _____

This is to certify that

_____

has successfully completed the Temperature, Pulse, and Respiration (TPR) L.A.P.

Date: _____

Instructor: _____

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Instructor: _____

This is to certify that

_____

has successfully completed the Temperature, Pulse, and Respiration (TPR) L.A.P.

Date: _____

Instructor: _____

YOUR VERY OWN WORK SHEET

Learning Activity Packages
Available from the Department of Education

This learning activity package is one of a series of 12 titles relating to health careers that are available from the California State Department of Education. A student packet and an instructor's packet are published in each of the following subjects:

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Syncope
Temperature, Pulse, and Respiration

Student packets are available at $1.75 each, plus tax, and instructors' packets at $1.50 each, plus tax.

Orders should be directed to:

California State Department of Education
P.O. Box 271
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